



Don't fall for diet trends

You can block out the diet noise, enjoy your favorite party foods, and still lose weight—at no cost to you.*

Mountain View Hospital is offering you Wondr™ to help you learn science-based skills to build lasting weight loss habits today—the skills diet culture won't teach you.

(Spoiler: It doesn't involve giving up your favorite party foods.)

Apply today.

**Learn more at
wondrhealth.com/MVH**

*Restrictions and eligibility info can be found at wondrhealth.com/MVH

